

# Jack Terrys Offer Safety Tape To Neighborhood Kids for Bikes

By ADALINE COETZ DA 4-8876

The Jack Terrys, of 3441 W. 175th St., after a few close calls with children who ride bikes without lights, have decided to do something other than worry about it!

They announced that they will give any kid with a bike a four-inch strip of fluorescent tape for their bike if they will call between 5 and 6. You must bring your bike, kids, as they will install it!

Blond Barbara Walker of 2450 W. 175th St., attended a Halloween party at the raven hair, curvaceous spine-chiller of TV fame, Vampira, Helen Holbrook, was a saucy Peter Pan, while husband, Ross, was a punchy expatite.

At the Fruchsa Society Halloween Party, at McMaster Park, Bob Taylor won first prize for men's costumes when he came dressed as a woman with a rag mop for hair. Betty Dennis and Doris Emright stole the show and won first prize as ghost flames twins.

Other costumed guests enjoyed the square dancing called by Robert Richter, who together with his wife, Audrey, arrived dressed as square dancers who "never die" but who had already faded to a chalky white. Susan Peter Bruce's one-girl harem, Ruth Bruce, was clad in a lovely pink and blue net dancing girl costume. Helen Jackson was a Gypsy and Connie Gaskin was a Million Dances dressed as a pirate.

The Albert Peolas, of 17000 Faymuth Ave., celebrated Halloween with 54 neighbors from their block plus the Russell Holschels, 17023 Glenburn Ave., the Nevrets, 17122 S. 175th, and the Walker Smiths of Covina.

At 8:00 p.m. Sunday night Penny McCausland was dressed in Chinese, and her husband was a cowboy. Helen Woods was a prize-winning Vampira; Audrey and Bob Richter wore their costumes of the night before and won a prize; Connie Gastelum was an Indian princess in white and blue; caller Karl Malkow was a Chinese philosopher; a black tom cat and a pink kitty, a minuet couple, and a headless man were unidentified.

The proceeds of the Fruchsa Society Halloween Dance will go to pay for decorations for the annual semi-formal Christmas dance to be held at Western Golf Club on Dec. 10. Tickets can now be purchased from any member for \$1.25 a person. There will be a limited number of tickets on sale.

Another party promising to be a sensational event is the North Torrance Civic Improvement Assn. Anniversary dance this Saturday night at Club Alondra.

The Clint Beedons, J. E. Allison, plus scores of others are looking forward to the Police Benefit Show and Dance on Nov. 19. Why don't you stop the next policeman you see and ask him for a ticket. Think of the laffs! It will cost you \$3.

Frances and Robert Payne, of 2060 W. 160th St., attended a reunion of Northwest High

# Many Get False Ideas on Food Official Says

By ROY G. GILBERT, M.D., L. A. County Health Officer

The belief that drinking sassafras tea will purify the blood has almost disappeared. Unfortunately, equally fallacious beliefs concerning a great many other foods continue to be a source of quite widespread misinformation among the public.

One of the most persistent food fallacies is that certain food combinations cannot be eaten without causing food poisoning. Another belief — that cooking in aluminum utensils might cause cancer — is a subject of much telephone conversation to this department by persons who have been misguided by some well-meaning friend who continues to repeat such nonsense despite conclusive proof to the contrary.

Many erroneous beliefs concerning food are built up because a physician may for specific medical reasons prohibit a patient from eating certain foods. A friend of the patient thus infers that these foods should be avoided by everyone.

False Tales Served. For instance, a physician may advise against liberal amounts of meat in the diet of a patient who has a kidney disorder. Immediately someone will spread the story that no one should eat meat because it is "hard" on the kidneys. The same is true concerning the fact that sometimes a physician may tell a patient with hardening of the arteries to omit eggs from his diet.

"What Not to Believe" would be a good title for some of the most common forms of food information listed as follows: That raw foods are harmful to a nursing mother. That oranges, grapefruit, and tomatoes cause an acid condition.

That fruits and vegetables raised in this area have little food value; that butter is more fattening than margarine.

Toast is fattening. That toast is less fattening than bread. That vitamin pills are a substitute for natural foods.

That butter is a substitute for meat. Food fallacies seem to have a stubborn tendency to persist through the years as is evidenced by the fact that Europeans did not completely accept potatoes as a safe food until at least two centuries after they were used in the Western Hemisphere.

Tomatoes were grown for many years for the sole purpose of lending color to gardens because of the recurring story that someone knew someone who died from eating tomatoes.

Cement Mixer Taken. Sheriff's deputies Saturday were seeking a man who gave a no-fund \$355 check for a cement mixer at Champion Bents, 2411 W. 255th St. Also missing is the cement mixer and other cement equipment rented Tuesday.

School, Kansas City, Mo., graduates at Chaves Park.

Barbara Wilkinson, daughter of Frances and Robert Payne will explain for England tomorrow night to join her husband. Barbara has been living with her parents since her husband left for England in June.

From all reports, the Duane Sherwoods, of 17204 Ardath Ave., have spent the past week eating.

Sunday night they entertained Martha's aunt and uncle, Mr. and Mrs. D. B. Morrison, who moved to California from Indiana. The next night Duane's brother, John Sherwood of Oakland, dined with them.

Early next morning Martha and Duane breakfasted at the Stadler with him.

J. E. Allison, of 17058 Glenburn Ave., returned from a deer hunt in Utah with two deer and many aching muscles. They packed in on horseback from their lodge and his idea of relaxation these days is not from a sitting position.

Marybeth Lee Kallot, whose four brothers call her "the little princess," was teted by Betty Muir, of 17233 Ardath Ave., at a baby shower.

She can easily vie for honors as best dressed of the crowd set with the ten beautiful dresses she received.

Dale Isaacson, of 17330 Glenburn Ave., returned today from a three-day business trip to Ohio.

Recovering from a virus infection is Cheryl Sale, daughter of the William Sales, of 7002 Ainsworth Ave., spent the week-end in bed with a virus infection.

Elmer Black, of 17224 Atkinson Ave., is recuperating from a painful ear infection.

Mrs. E. Belchard, cousin of the Eldon Morgans, of 77002 Glenburn Ave., is convalescing after surgery at her nephew's home.

Mrs. C. Sewell's Brownie troop had a fly-up ceremony at her home, 16620 Patronella Ave., and Mrs. Green, Girl Scout leader, was present to receive them.

Flying up were: Durinda Larsen, Jenie Wordan, and Carol Sue Carothers.

Mrs. Sally Levin has taken the place of Marge Bereskin as co-leader.

## Drainage Course Set

A short course on drainage design in highway practices will be held in Room 1363, Wilson High School, 10th and Ximeno Ave., Long Beach, Nov. 12, 13, 19 and 20.

Sponsored by the Institute of Transportation and Traffic Engineering at UCLA, further information can be obtained by writing to the UCLA Extension Engineering, Los Angeles 24.

# STOKELY-VAN CAMP GOLD DOLLAR SALE

Stokely's PEAS 303 CANS \$1  
Stokely's CORN 303 CANS \$1  
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Stokely's Chili Con Carne 4-oz. Cans \$1  
Stokely's Vienna Sausage 4-oz. Cans \$1  
Stokely's TAMALES 300 Cans \$1  
Stokely's CATSUP 14-oz. BOTTLE \$1  
Stokely's SOLID PACK TOMATOES 303 CANS \$1  
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Stokely's APPLESAUCE 303 CANS \$1  
Stokely's PEACHES 303 CANS \$1  
Stokely's BEETS 7-oz. 303 CANS \$1  
Stokely's LIMA BEANS 303 CANS \$1  
Stokely's GRAPE FRUIT SECTIONS No. 303 CANS \$1  
Stokely's CRANBERRY SAUCE No. 303 CANS \$1  
Stokely's CUT GREEN BEANS 303 CANS \$1

<b>PORK &amp; BEANS</b> 3 No. 2 1/2 Cans <b>SPANISH RICE</b> 3 303 CANS <b>\$1</b>	<b>POLAR INSTANT COFFEE</b> 2-OZ. JAR <b>63¢</b> Sensational Value - Only 25¢ for Ball Point Pen with Purchase of INSTANT COFFEE	<b>ORCHIDS NAPKINS</b> 80 Count <b>2 for 19¢</b>
<b>BORDEN'S MAYONNAISE</b> Qt. Jar <b>53¢</b>	<b>SKIPPY DOG FOOD</b> 4 1/2 <b>27¢</b>	<b>BLU-HILL SWEET PICKLES</b> 24-Oz. Jar <b>39¢</b>
<b>QUAKER OATS</b> 20-OZ. <b>16¢</b> 48-OZ. <b>37¢</b>	<b>ELASTIC - LIQUID STARCH</b> QT. <b>19¢</b> 1/2-GAL. <b>35¢</b>	<b>VIKING COFFEE</b> 1-lb. Bag <b>87¢</b>
		<b>DR. ROSS VITA BITS OR VITA MEAL</b> 2-lb. Box <b>37¢</b>

## BIRD'S EYE SALE

\*STOCK UP and SAVE!

<b>GREEN PEAS</b>	<b>2 for 27¢</b>
<b>SPINACH</b>	<b>2 for 27¢</b>
<b>CHOPPED BROCCOLI</b>	<b>2 for 29¢</b>
<b>CHICKEN or BEEF PIES</b>	<b>27¢</b>

## ECONOMY PRICED! MEATS

FRESH FROZEN - TOM  
**TURKEYS** 18 to 20 lbs. **43¢**

FRESH FROZEN - HEN  
**TURKEYS** 12 to 15 lbs. **49¢**

HOME MADE  
**PORK SAUSAGE** **55¢**

LEAN  
**GROUND BEEF** 3 lbs. **\$1**

LEAN  
**PORK ROAST** BOSTON BUTTS **49¢**

SWISS OR GROUND ROUND  
**STEAK** **59¢**

LUER'S  
**SLICED BACON** **53¢**

## QUALITY'S FRESH PRODUCE

<b>APPLES for Pies</b>	<b>5¢</b>
<b>JUICE ORANGES</b>	<b>5¢</b>
FRESH TENDER <b>CORN</b>	<b>5¢</b>
ARIZONA <b>GRAPEFRUIT</b> Large Size	<b>5¢</b>
RED VELVET <b>YAMS</b> 3 lbs. for	<b>25¢</b>

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